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ABSTRACT

Developed as part of the Connecticut Migratory Children's Program and for other students whose native language is Spanish, this illustrated cookbook contains 12 Puerto Rican recipes with step-by-step instructions (fruit drink, limbers, pina colada, punch, banana shake, amarillos fritos, avocado salad, tortilla de huevos, sweet corn cereal, rice with milk, tortilla de guineos ninos, and sardine and rice casserole) and various puzzles, questions, and games that teach concepts of nutrition. Discussed in the cookbook are Vitamin C food sources, solids and liquids, doubling a recipe, information about eggs and the kinds of animals who lay eggs, cooking abbreviations and measurements, growing an avocado plant from a pit, making a recipe file, and a daily food guide showing the four main food groups. Also listed are kitchen rules, kitchen safety hints, and cooking terms. (AW)

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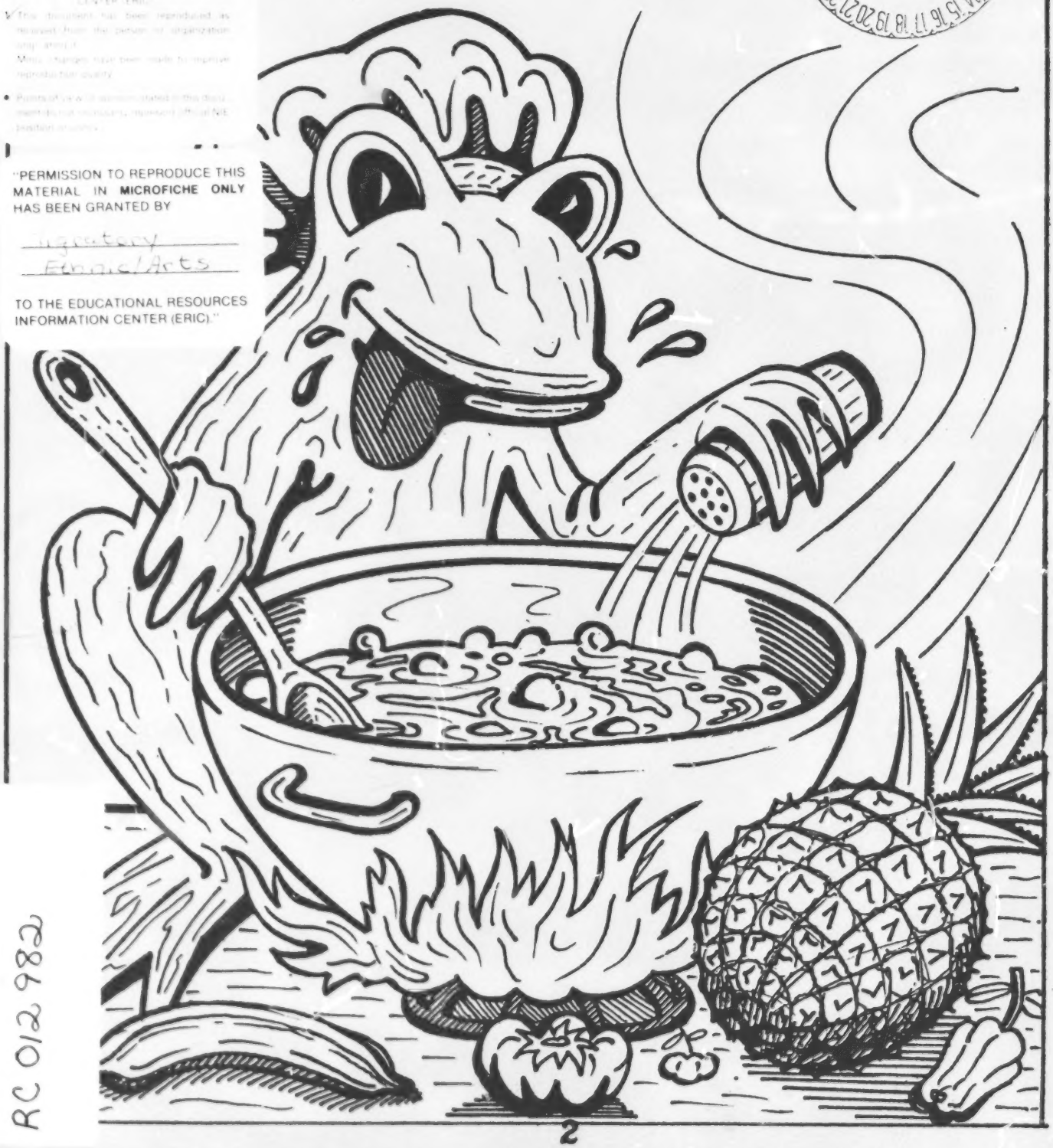

RC 012 982

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Mr. Reinaldo Matos

Hartford, Connecticut 1979

INTRODUCTION

One day when I was young, I sat inside my house on a gloomy, rainy day. I was sad because I could not go out to play. My grandmother came and showed me some things I could make on a rainy day. Some of the recipes in this book are what my grandmother showed me that day.

To her--and all the grandmothers like her--who make our sad, rainy days happier and more entertaining, we dedicate this little book. It is full of good memories that we are going to share with you.

Norma Grech

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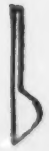
KEY TO SYMBOLS

measuring cup

Tablespoon



teaspoon

KITCHEN SAFETY

* Potholders protect your hands from being burned when picking up hot pans.

* Ask your mother before you use a sharp knife or can opener.

* The stove must be operated with care. Pans won't spill if handles are turned to the back of the stove. Don't reach over burners; reach around them.

* Slice, dice and chop on a chopping board. Keep your fingers away from the knife.

* Hot oil splatters. Don't drop moist food into hot oil; use a slotted spoon and slowly slide the food into the pan.

Anyone can learn to be a good cook. But there are several rules you should know by heart. Once you learn the correct procedures cooking can be easy, fun and delicious!

If you want to be smart,
Learn this by heart:
Ask your mother
before you start!

* Ask your mother in advance about the best time for you to use the kitchen.

* Wear an apron to protect your clothes.

* Clean your cooking and preparation area before starting.

* Wash your hands.

Step-by-step,
One-two-three,
Cooking is easy
if you follow ME!

1. Read the recipe carefully, from beginning to end.

2. Assemble all the ingredients and utensils you will need on the kitchen counter or table.

3. Prepare the recipe step-by-step.

4. Taste the food for correct seasoning (salt and pepper) and to make sure it is cooked just right.

5. Clean up. Wipe off the stove and countertop. Wash all utensils and put everything away.

FRUIT DRINK

My favorite fruit is orange, but you might prefer grapefruit or lemon!

INGREDIENTS

2 oranges
1 teaspoon sugar
½ cup cold water
2 ice cubes

UTENSILS

a knife
a juicer
a tall glass
a teaspoon
a measuring cup

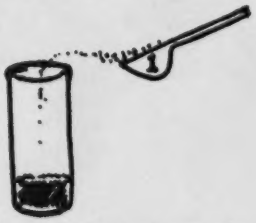
1

Cut the oranges in half. Remove the seeds.

2

Squeeze the juice from the oranges. If you don't have a juicer, use your hands to squeeze out the juice.

3



Pour the juice into a tall glass. Add sugar and stir.

4

Add the water, stir and add the ice cubes.

5

Now your ice-cold drink is ready to enjoy!

We must eat a wide variety of foods to be healthy, because different foods contain different nutrients. Fruits and vegetables are important sources of vitamins and minerals, especially Vitamin C. Vitamin C helps to form strong teeth and bones, to heal wounds, and to make the walls of our blood vessels strong.

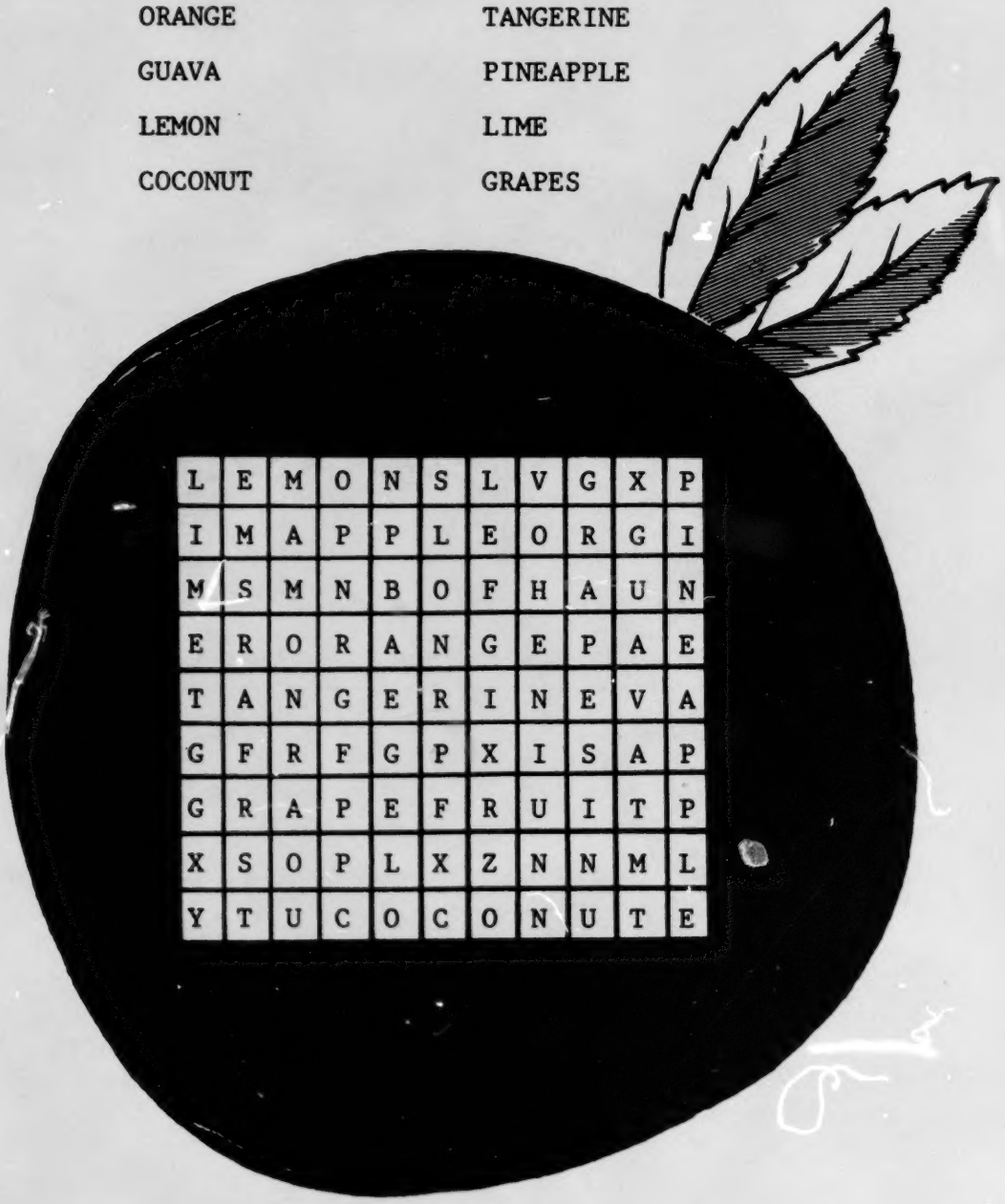
Eat fruits and vegetables everyday. Oranges, grapefruit, strawberries, papaya, and cantaloupe are the best sources of Vitamin C. Some vegetables that are high in Vitamin C are tomatoes, green peppers, broccoli, and cabbage.

Now turn the page and try the puzzle.

FIND THE FRUIT

In the puzzle, circle the names of ten fruits that we can use to make juice. Use the list below to help you.

GRAPEFRUIT
ORANGE
GUAVA
LEMON
COCONUT
APPLE
TANGERINE
PINEAPPLE
LIME
GRAPES



L	E	M	O	N	S	L	V	G	X	P
I	M	A	P	P	L	E	O	R	G	I
M	S	M	N	B	O	F	H	A	U	N
E	R	O	R	A	N	G	E	P	A	E
T	A	N	G	E	R	I	N	E	V	A
G	F	R	F	G	P	X	I	S	A	P
G	R	A	P	E	F	R	U	I	T	P
X	S	O	P	L	X	Z	N	N	M	L
Y	T	U	C	O	C	O	N	U	T	E

LIMBERS

Especially refreshing on hot summer days

INGREDIENTS

1 small can of grape juice concentrate

(or your favorite flavor--orange, lemon, apple...)

UTENSILS

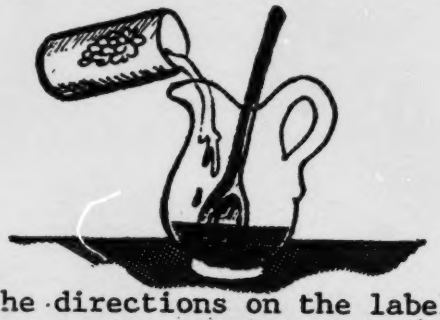
a can opener

a spoon

a pitcher

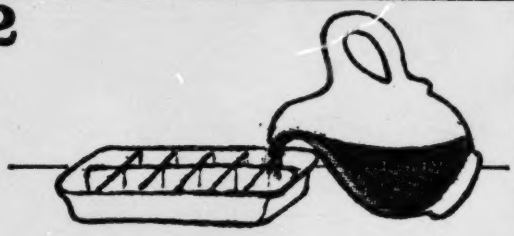
an ice cube tray

1



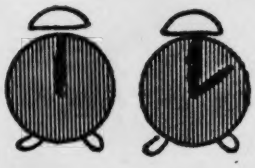
Prepare the juice according to the directions on the label.

2



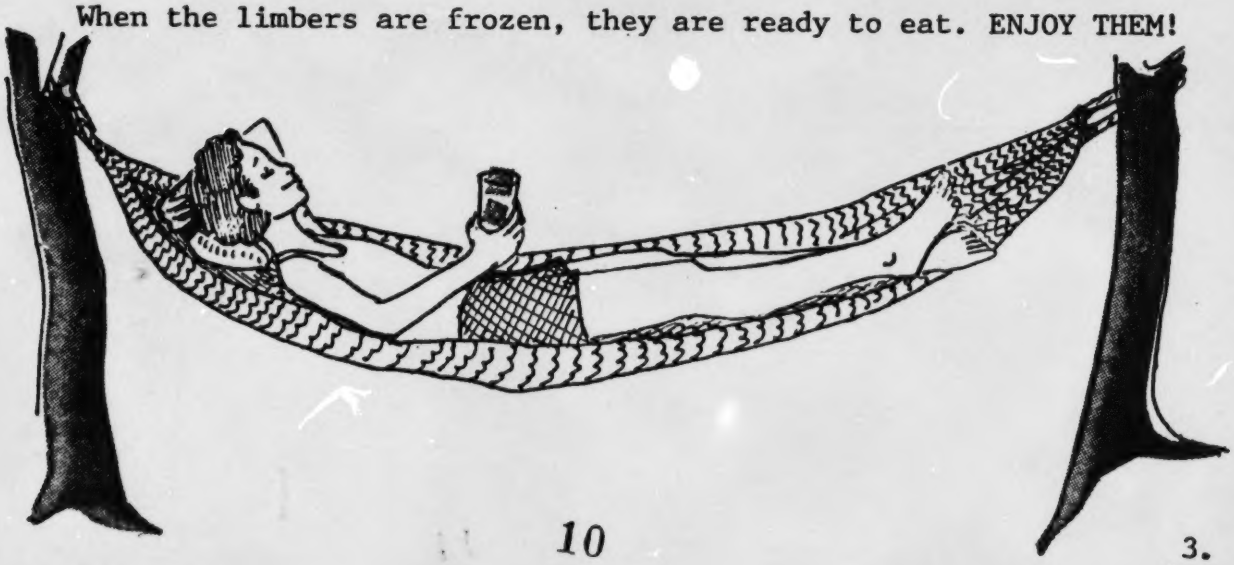
Carefully pour the juice into the ice cube tray.

3



Place the ice cube tray in the freezer and leave it there until the limbers are frozen (at least 2 hours). Be careful not to spill any!

When the limbers are frozen, they are ready to eat. ENJOY THEM!



CHANGES

What happened when you put the ice cube tray in the freezer? Things that flow like water are called liquids. Things that are hard like ice are called solids. Some liquids change to solids when they get very cold. This is like water changing to ice. Solids can also change to liquids when they get warm. Describe what you would get when the following things happen:

What happens to milk if it is left in the freezer overnight?

_____

What happens to candle wax when the candle is lit?

_____

What happens to limbers if they are left out of the refrigerator?

_____

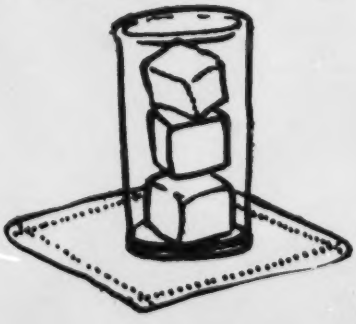
What happens when you mix gelatin with water and fruit juice and then cool it?

_____

What happens to ice cream if you leave it in the sun?

_____

You might try doing some of these experiments so that you can watch the changes more closely.



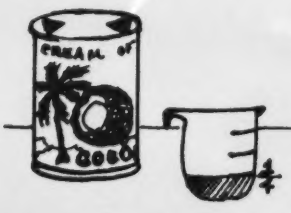
PIÑA COLADA

INGREDIENTS

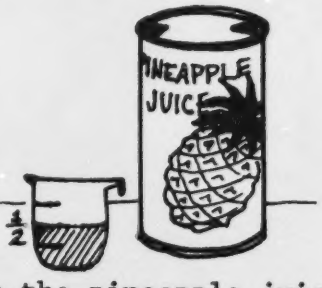
- 2 ounces (¼ cup) cream of coconut
- 4 ounces (½ cup) pineapple juice
- 2 ice cubes

UTENSILS

- a can opener
- a measuring cup
- a glass
- a spoon



Open the can of cream of coconut and measure ¼ cup.
Pour into a glass.



Open the pineapple juice and measure ½ cup. Add this to the cream of coconut in the glass.

Stir with a spoon.
Add 2 ice-cubes.
Wait for it to get nice and cold.

Now you have a delicious, ice-cold Puerto Rican drink, ready to enjoy !!

PINEAPPLE UPSIDE-DOWN QUIZ

Answers on page 24.

To make one glass of
Piña Colada you need 2 ounces
of cream of coconut and 4 ounces of
pineapple juice.

To make two glasses of Piña Colada:

How many ounces of cream of coconut do you need?

_____ ounces cream of coconut

How many ounces of pineapple juice do you need?

_____ ounces pineapple juice

PUNCH

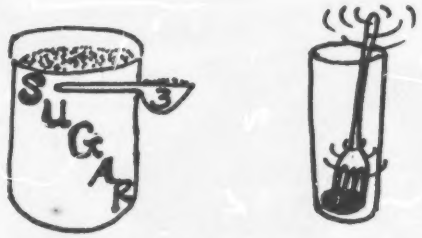
You can use grape juice instead of malt if you prefer.

INGREDIENTS	UTENSILS
1 egg yolk	a glass
1 small bottle of malt	a fork
3 teaspoons sugar	a teaspoon

1

Break the egg in half and carefully separate the yellow yolk from the white (clear). Put the yolk in the glass.

2

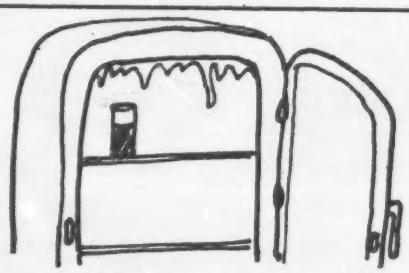


Add sugar to egg yolk. Beat with fork until the grains of sugar are mixed into the yolk.

3

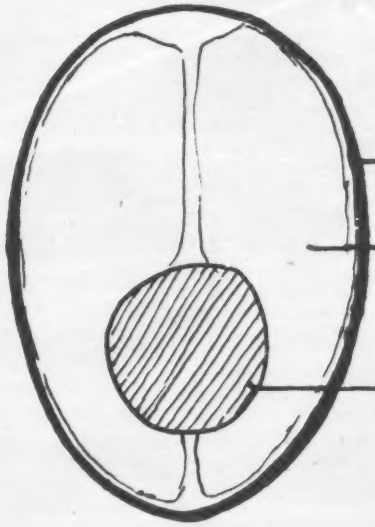
Add the malt, little by little, beating everything together at the same time.

4



Chill in the refrigerator for about 15 minutes, or until cold.

ABOUT THE EGG



ABOUT THE EGG

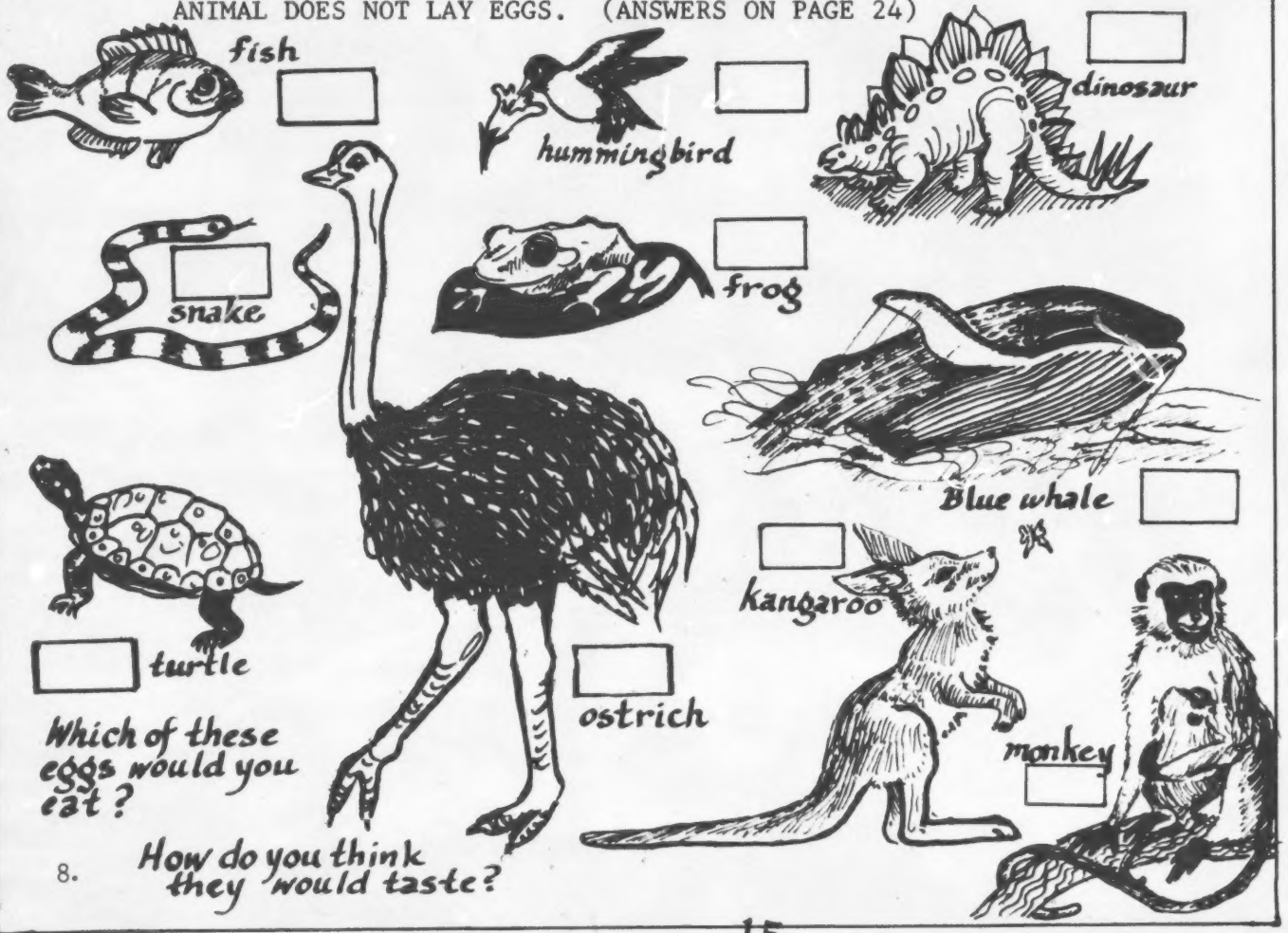
Many animals lay eggs, but most people eat chicken or duck eggs. In some parts of the world, the eggs of creatures other than birds are eaten, such as crocodile, turtle, fish, and sea urchin eggs.

Cooked eggs are an excellent source of vitamins, minerals and protein. Protein is a nutrient which our bodies need to build muscle, tissue and blood. Protein gives us energy.

Eggs are used for other purposes than food. For example, eggs are an ingredient in vaccines, paint, ink, soap, and shampoo.

If you are interested in learning more about eggs -- and the kinds of animals that lay eggs -- look up the information in the encyclopedia in your school library. Your teacher or librarian will help you.

READ THE NAMES OF THE ANIMALS BELOW. WRITE "YES" IN THE BOX IF THE ANIMAL LAYS EGGS. WRITE "NO" IF THE ANIMAL DOES NOT LAY EGGS. (ANSWERS ON PAGE 24)



8.

BANANA SHAKE

INGREDIENTS

- 2 bananas
- 3 cups milk
- 1 Tablespoon sugar or honey

UTENSILS

- a large bowl
- a fork
- a measuring cup
- a Tablespoon
- a blender or egg beater

Milk is an excellent source of calcium and vitamin D -- nutrients we need to build strong bones and teeth. This recipe will make enough to serve two people.

1

Peel the bananas.

2

Put the bananas in a bowl and mash them with a fork.

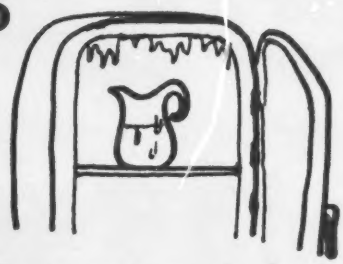
3

Add the milk and the sugar (or honey).

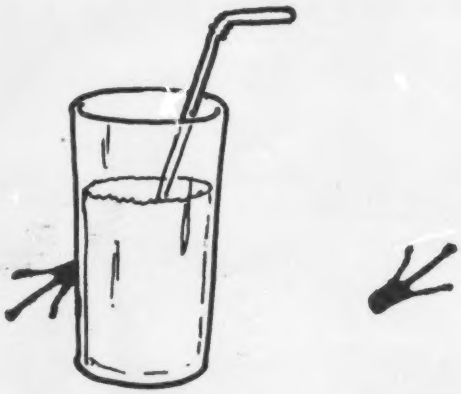
4

Beat with the egg beater for about one minute. If using a blender, blend 10 seconds until smooth.

5



Pour into a pitcher or two glasses, and chill.



ABBREVIATIONS

Abbreviations are shortened words. They make it easier and faster to read and write recipes. Here are some of the most common abbreviations used in cooking:

teaspoon = t.	ounce = oz.	pint = pt.
Tablespoon = T.	pound = lb.	quart = qt.
cup = c.		gallon = gal.

We use abbreviations everyday. We can abbreviate the days of the week (Sat., Sun., Mon...). We can abbreviate the months of the year (Sept., Oct., Nov...). Abbreviations are used for things that we measure, like time (min., hr., wk., mo., yr.) and length (in., ft., yd., mi.). Shortened words make writing easier and faster.

For example, suppose you want to mail a letter...have you ever thought about how many abbreviations can be used on an envelope? Try to address the envelope below, using as many abbreviations as you can. The "key" will help you. Put your own return address in the upper-left hand corner.

Send the letter to: Mister Luis Figueroa
Twenty-nine West Main Street
Apartment Number Seven, Third Floor
Hartford, Connecticut 06106

FROM: _____

_____

_____

TO: _____

_____

_____

_____

KEY

Mister	= Mr.
Mistress	= Mrs.
Miss	= Miss
Ms.	= Ms.
Apartment	= Apt.
Floor	= Fl.
Connecticut	= CT.
Puerto Rico	= PR.
Hartford	= Htfd.
Street	= St.
Avenue	= Ave.
North	= No.
South	= So.
East	= E.
West	= W.
Number	= No. or #

AMARILLOS FRITOS

INGREDIENTS

1 very ripe plantain
1 Tablespoon salt
1 cup oil

UTENSILS

a knife
a plate
a Tablespoon
a measuring cup
a small frying pan
a pancake turner
a slotted spoon
paper towels

Eat amarillos fritos warm.
Mmmmm .... yummy!

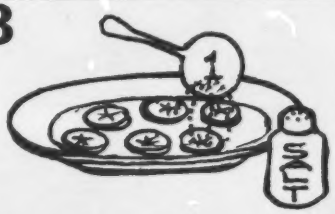
1

Peel the plantain carefully.

2

Slice the plantain into very thin slices. (Watch your fingers!)

3

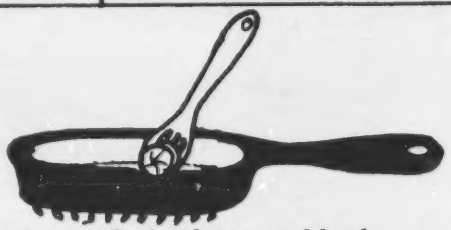


Put the slices on a plate and sprinkle with salt.

4

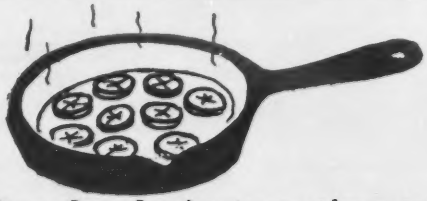
Put the oil into the frying pan and put it on the stove over high heat.

5



When the oil is hot, add the plantain slices VERY CAREFULLY ONE AT A TIME.

6



Fry them for 3 minutes, then turn them over and fry for 2 more minutes.

7

Remove the slices with the slotted spoon. Let the oil drain off on paper towel.

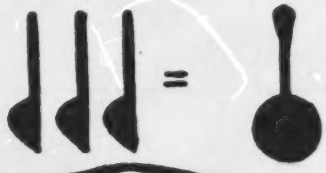
MEASURING UP

Using the same cup you used to measure the oil for Amarillos Fritos, we are going to measure some water to learn something new.

Fill the measuring cup only half full with water, and pour it into a bowl. Fill the cup again only half full with water, and add it to the bowl also. Now, pour all the water from the bowl back into the measuring cup.

What happens? Is the cup full? What did we learn? We learned that ½ cup + ½ cup = 1 cup. How many cups do we have if we add ½ + ½ + ½ + ½ ? We have _____ cups.

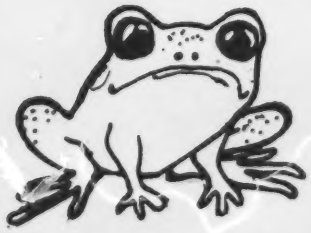
FACT:
3 teaspoons = 1 Tablespoon



FACT:
1 stick of butter = ¼ pound
1 stick of butter = ½ cup
1 stick of butter = 8 T.

PROBLEM: You are preparing a recipe. It calls for 2 Tablespoons of cinnamon. But you only have a teaspoon to measure with. What can you do?_____
_____
_____

QUESTION: How would you measure 4 Tablespoons of butter?_____
_____
_____



AVOCADO SALAD

A delicious, nutritious salad that goes well with dinner!

INGREDIENTS	UTENSILS
1 ripe avocado	a knife
2 Tablespoons olive oil	a spoon
1 Tablespoon vinegar	a salad plate
½ teaspoon salt	1 teaspoon
several lettuce leaves	1 Tablespoon

1

Cut the avocado in half. Remove the seed. (Save it for the activity.)

2

Cut the two halves in half again. Now you have 4 pieces.

3

Using a spoon, scoop out the avocado from the shell.

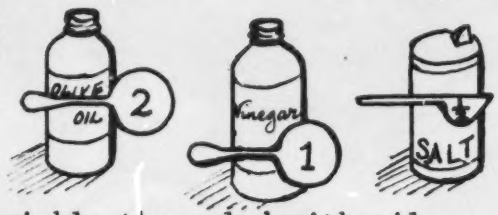
4

Chop the avocado into small pieces.

5

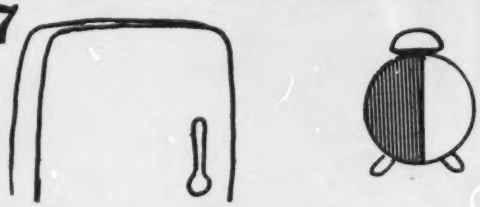
Wash and arrange 2 or 3 lettuce leaves on a plate. Put the avocado on the lettuce.

6



Sprinkle the salad with oil, vinegar and salt.

7



Chill in refrigerator (about 30 minutes). Serve with dinner.

Did you realize that the pit of the avocado you ate is the seed of a new avocado plant? You can grow an avocado tree from this seed if you follow the directions on the next page.

An avocado plant in Connecticut will never grow as tall as it would in Puerto Rico, because it has to be grown indoors. It will not bear fruit. But with plenty of light and enough water, an avocado plant can grow to be over 6 feet tall!!!

HERE'S HOW TO DO IT . . .

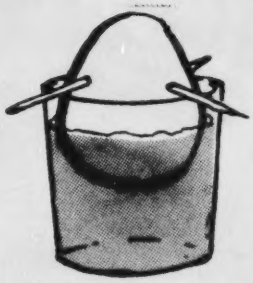
1

Wash the pit. Notice that it is shaped a little like an egg: it is wider at the bottom than the top.

2

Hold the pit in your left hand with the bottom facing down. Take 3 or 4 toothpicks and stick them in around the middle of the pit.

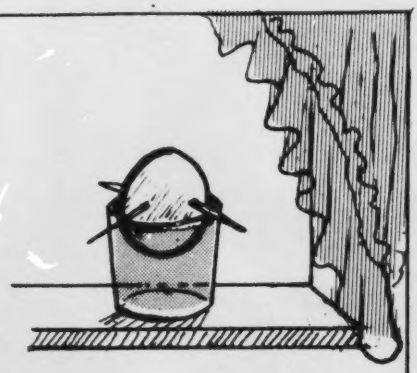
3



Put the pit in a glass of water. The toothpicks will rest on the glass and hold the pit up.

4

Put the pit on a sunny windowsill and wait for it to sprout. This can take as long as 3 months, so be patient!! Just be sure to keep the bottom of the pit in water (you'll have to add water every few days.



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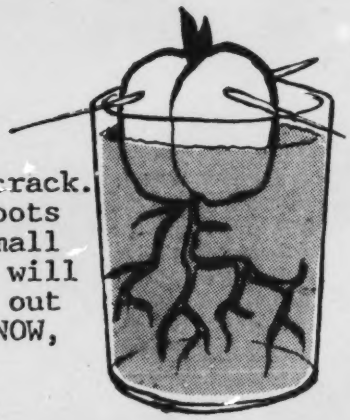
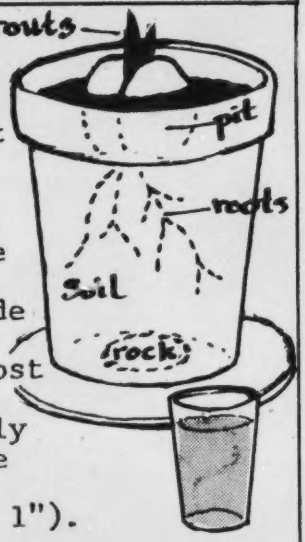


The pit will crack. Long, white roots will grow. Small green sprouts will begin to push out of the pit. NOW, it is time to plant.

6

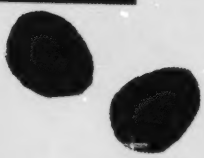


Get a flower pot, about 6" tall. Put a small rock over the hole. Put a little soil in the pot. Now, hold the avocado pit so the roots are all inside the pot. Fill the pot with soil, almost to the top. Press the soil down. Only the very top of the avocado will be showing now (about 1"). Water it well.

7 Place the flower pot back in the sunny window. All you have to do is water the seed when the soil looks and feels dry (about twice a week). And watch, observe your plant grow into a small avocado tree! FELICIDADES!! CONGRATULATIONS!!

TORTILLA DE HUEVOS

Serves 1



INGREDIENTS

2 eggs
a dash* of salt
a dash* of pepper
½ cup chopped ham
½ teaspoon butter

UTENSILS

a bowl
a fork
a knife
a frying pan
a teaspoon
a pancake turner

* "a dash" is one good shake of seasoning.

1

Break the eggs into a bowl. Add the salt and pepper.

2

Beat eggs with a fork.

3

Add the ham to the eggs in the bowl. Stir.

4

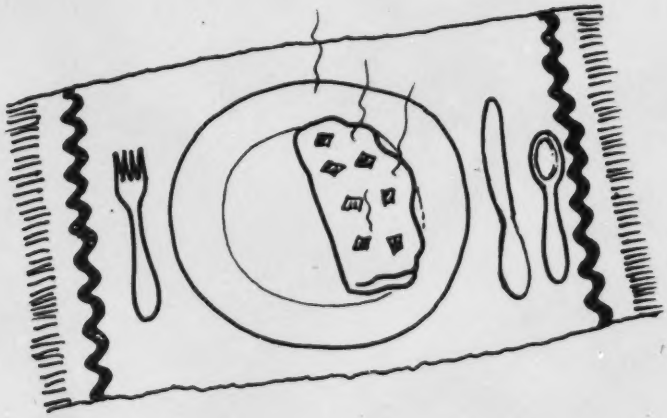
In the frying pan, melt the butter over medium heat.

5

Pour egg mixture into pan, tipping pan carefully so eggs cover the bottom.

6

Let eggs cook until almost dry or "set." With a pancake turner fold omelette in half Slide it onto a plate.



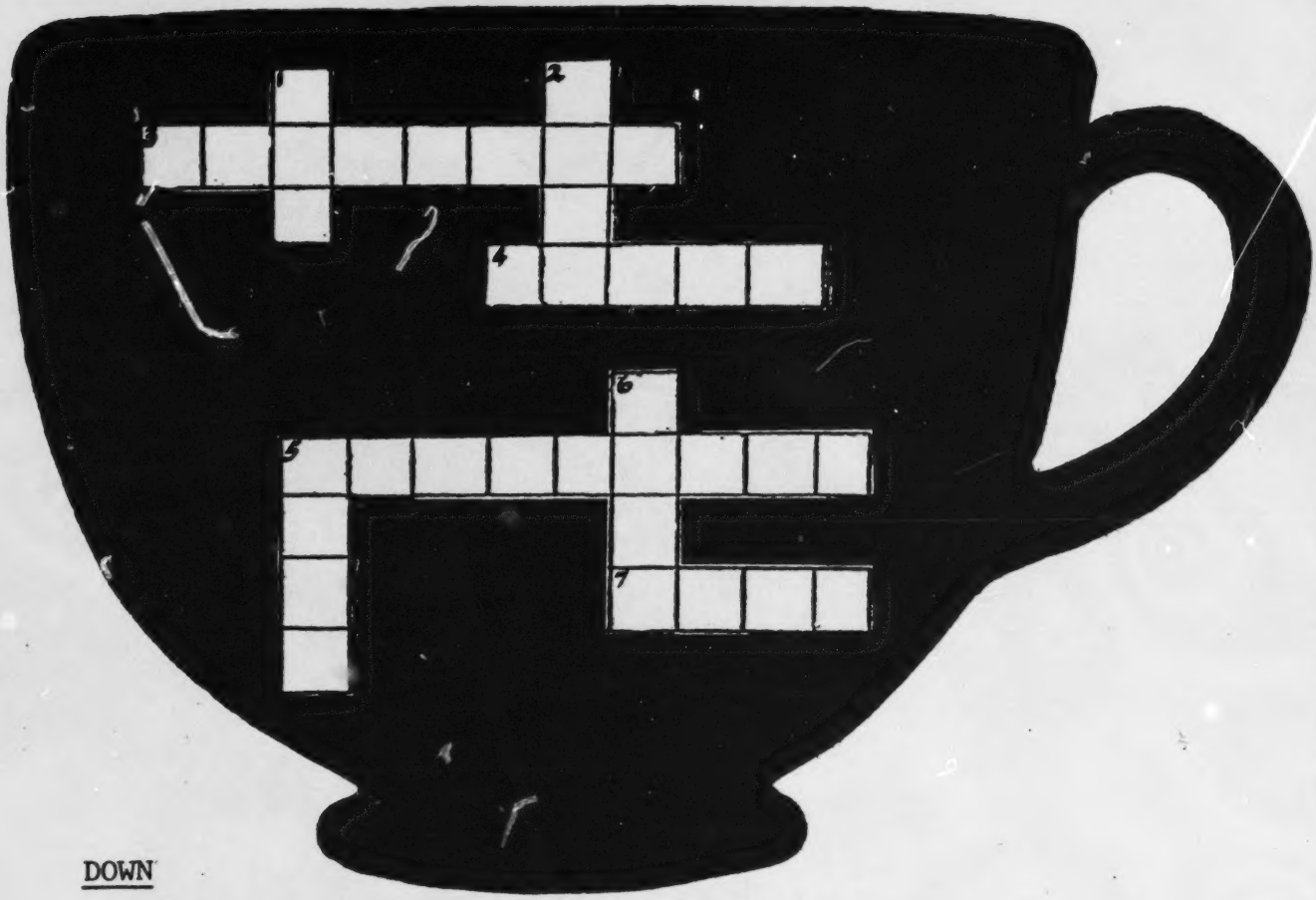
15.

CROSSWORD PUZZLE

Find the words in the recipe for "Tortilla de Huevos" and fill in the crossword puzzle.

ACROSS

3. What you use to measure the lard or butter in this recipe.
4. When it is cooked, you slide the omelette onto a _____.
5. We cook the eggs in this utensil. (2 words).
7. We use this to add more flavor to some foods.



DOWN

1. This meat comes from a pig.
2. We mix things up in this utensil.
5. We use this utensil to beat the eggs.
6. We use two of these in "Tortilla de Huevos."

SWEET CORN CEREAL

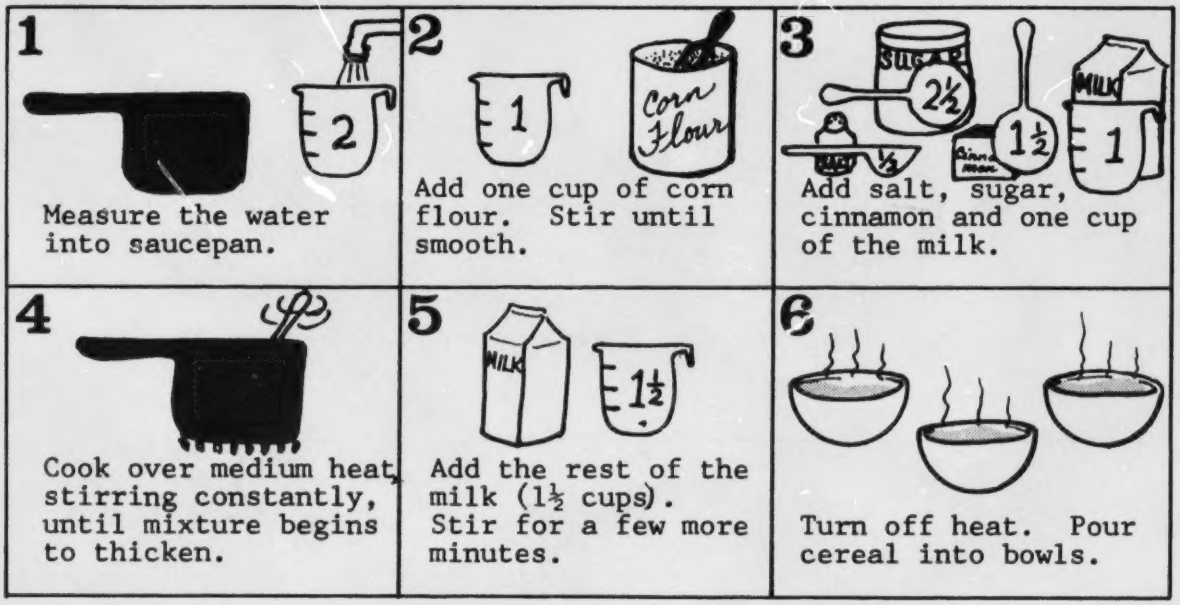
To keep you and your brother or sister warm on those cold winter mornings before school...

INGREDIENTS

- 2 cups cold water
- 1 cup corn flour
- ½ teaspoon salt
- 2½ Tablespoons sugar
- 1½ Tablespoons cinnamon
- 2½ cups milk

UTENSILS

- a measuring cup
- a saucepan
- a teaspoon
- a Tablespoon
- 3 cereal bowls



MAKE A RECIPE FILE

Once you start cooking, you'll probably enjoy it so much that you'll want to try new recipes. Why not make your own recipe file? It's easy -- just follow the steps:

1. With scissors, carefully cut out the shape below.
2. Trace it onto a piece of cardboard.
3. Cut out the cardboard.
4. Glue the paper on the cardboard and you have one recipe card.

Now you can use this card to trace more. Of course, you will have to copy the rest of the recipes yourself. Ask your mother for the recipe for your favorite dessert, and add it to your recipe file. Maybe a friend would like to trade recipes with you.

When you've collected a lot of recipes, you can keep them in an old cigar box. Or, ask your father or mother to cut off the bottom of an empty cereal box.

SWEET CORN CEREAL

2 cups cold water
1 cup corn flour
½ teaspoon salt
2½ Tablespoons sugar
1½ Tablespoons cinnamon
2½ cups milk
1. Measure the water.....
2. Add.....
3. .....

25

RICE WITH MILK

INGREDIENTS

1 cup water
1 cup rice
2 cups milk
1½ teaspoons salt

UTENSILS

a saucepan
a measuring cup
a teaspoon
a soup bowl

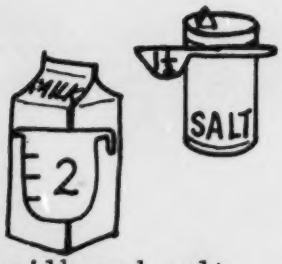
1

Measure the rice and the water into a saucepan. Soak for 2 hours.

2

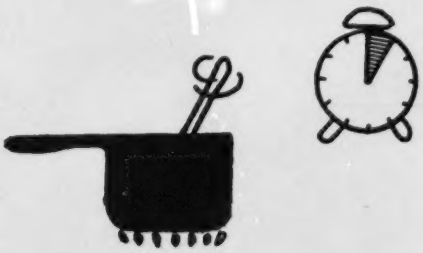
Bring rice to a boil. Cook over medium heat until rice is soft (about ½ hour).

3



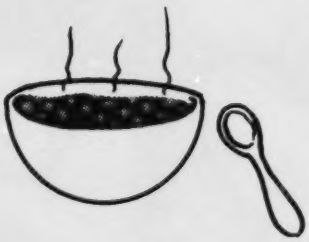
Add milk and salt. Mix well.

4



Stir constantly for 5 minutes.

5



Pour into soup bowl and eat hot.

This hot soup is especially good on rainy, indoor days.

COMPLETE THE SENTENCES

Using the vocabulary from the recipe for "Rice With Milk," fill in the blanks in the sentences below.

1. This soup is made with milk and _____.
2. We add _____ to give the soup more flavor.
3. The rice _____ in the water for 2 hours.
4. This soup is best when it is eaten _____.
5. We cook the soup in a _____.
6. The recipe calls for 1½ _____ of salt.

VOCABULARY

salt
rice
soaks
teaspoons
hot
saucepan

TORTILLA DE GUINEOS NIÑOS

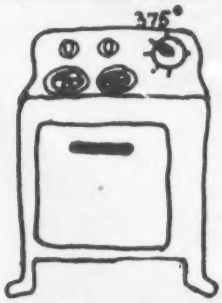
Serves 4

INGREDIENTS

4 eggs
3 Tablespoons oil
3/4 teaspoon salt
1 Tablespoon butter
6 guineos niños

UTENSILS

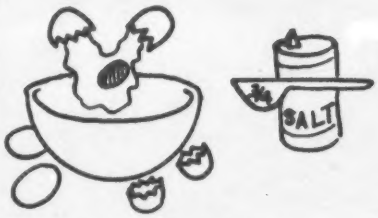
a frying pan
paper towels
a small bowl
a teaspoon
a Tablespoon
a fork
a casserole dish



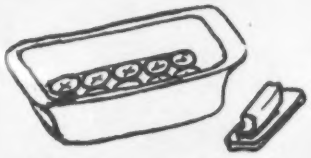
Preheat oven to 375° F.

Peel the guineos niños.

Heat the oil in a frying pan. Fry the guineos niños until golden. Drain.



Break the eggs into a bowl and beat them well with a fork. Add salt.



Grease the bottom of the casserole with butter. Arrange the bananas on the bottom.

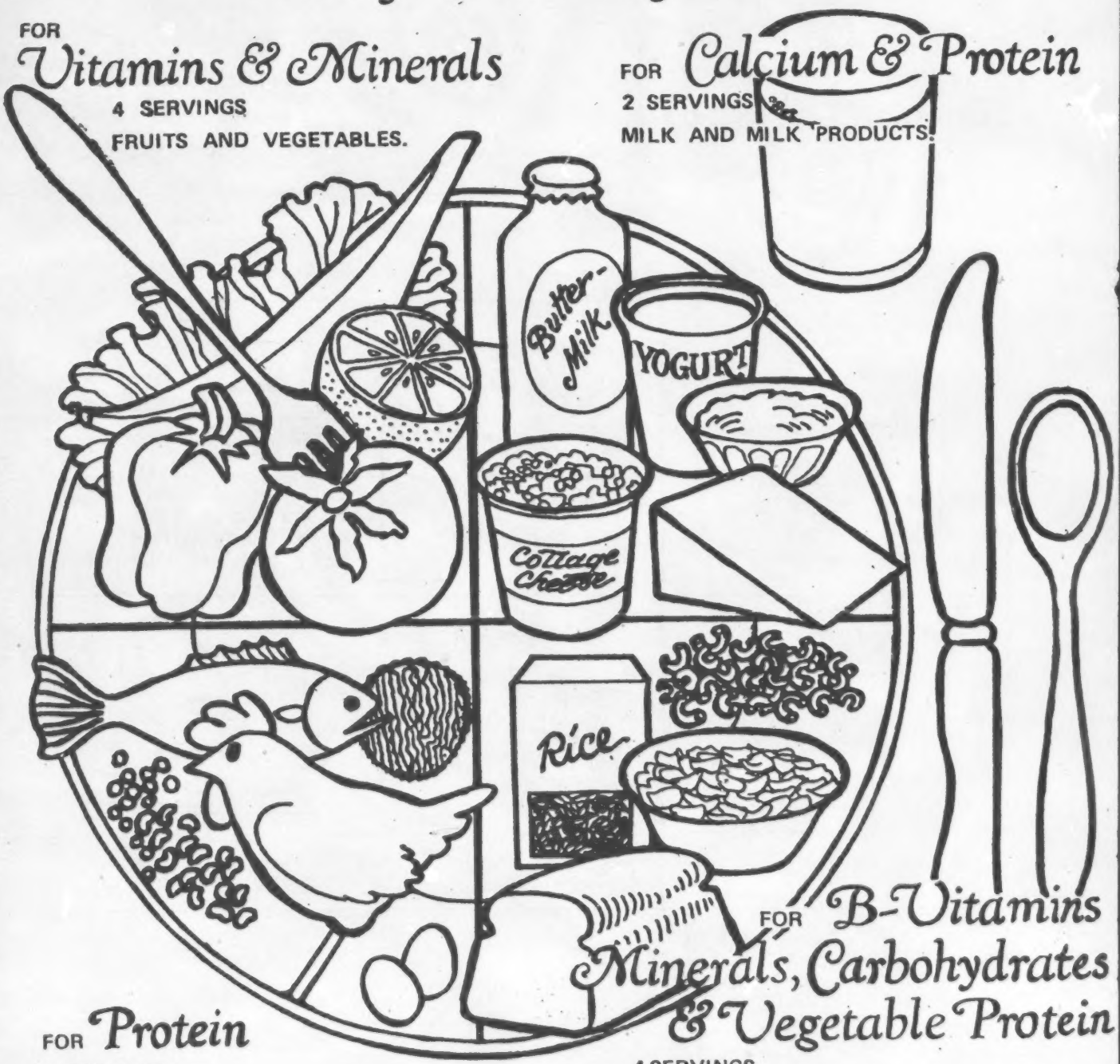
Pour the beaten eggs over the bananas.

Put the casserole in the oven. Bake for 25 to 30 minutes.

Daily Food Guide

FOR
Vitamins & Minerals
4 SERVINGS
FRUITS AND VEGETABLES.

FOR Calcium & Protein
2 SERVINGS
MILK AND MILK PRODUCTS.



FOR Protein
2 SERVINGS
MEAT, POULTRY, FISH, EGGS,
DRIED BEANS, NUTS, PEANUT BUTTER.

FOR B-Vitamins
Minerals, Carbohydrates
& Vegetable Protein
4 SERVINGS
BREAD, CEREALS AND
GRAINS.

Fruits and vegetables are the most colorful foods.
Try to name and color the 5 fruits and vegetables
in the picture above.

22.

SARDINE AND RICE CASSEROLE

This is an advanced recipe. It serves 4.

INGREDIENTS

- 2 cups uncooked rice
- 1 medium onion
- 2 green peppers
- 1 lb. can tomatoes
- ¼ cup oil
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ½ teaspoon oregano
- 2 small recado leaves
- 4 sweet peppers
- 1 8-oz. can tomato sauce

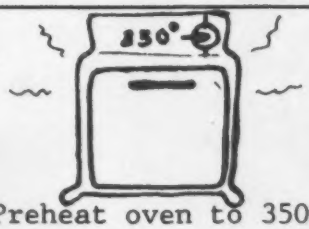
*

- 1 large can sardines
- ½ lb. grated cheese

UTENSILS

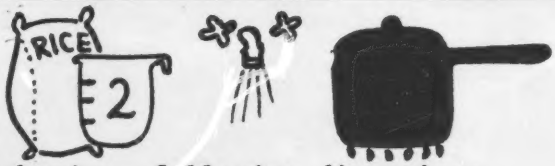
- a large casserole
- a medium saucepan (for rice)
- a knife
- a can opener
- a deep saucepan

1



Preheat oven to 350° F.

2

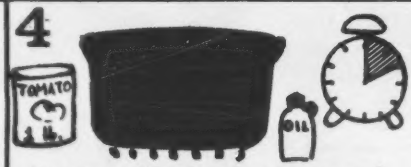


Cook rice, following directions on the package.

3

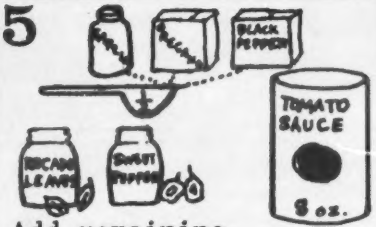
Dice onion. Cut green peppers in strips.

4



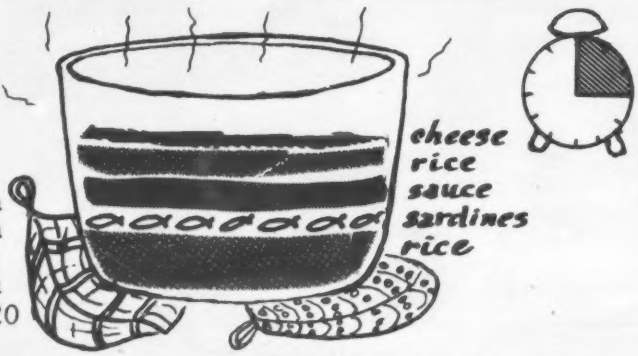
Heat oil in bottom of large saucepan. Add green pepper and onion. Cook slowly until soft. Add tomatoes. Simmer 10 minutes.

5



Add remaining ingredients (*), except rice, sardines and cheese.

6



Make a layer of cooked rice in a greased casserole. Cover with a layer of sardines, add sauce, another layer of rice. Top with cheese. Bake in oven for 15 to 20 minutes.

23.

ANSWER PAGE

"ABOUT THE EGG," page 8

YES

Dinosaur eggs were first discovered in France in 1869. Some of these fossils were 8 inches long.

Some fish eggs are very expensive. Many people enjoy eating "caviar," which is the eggs of fish.

Frogs lay eggs in the water. The eggs hatch into tadpoles which turn into froglets, which grow into adult frogs.

Hummingbird eggs are the smallest of any bird. They are the size of a pea and weigh 1/30 ounce.

The ostrich lays the largest eggs of any living bird. They are 7 x 5 inches and weigh 3 pounds.

Some snakes have live babies, but most snakes lay eggs. Some snakes lay as many as 100 eggs at a time.

Turtles lay their eggs on land and bury them. Snakes, skunks, and raccoons eat turtle eggs. Man eats both the eggs and meat of the turtle. We also kill turtles for their shell; many species are now seriously endangered.

NO

All of these animals are "mammals." Mammals are warm-blooded animals and have hair and nurse their babies on mother's milk. Mammals do not lay eggs. Cats and dogs, cows and goats, zebras and giraffes, and people, are all mammals.

Blue whale: The largest mammal that ever lived. Whales give birth to live young.

The kangaroo baby is only 1 inch long. It has to find its own way to the mother's pouch.

The monkey is one of the smallest mammals and also one of the most intelligent.

"PINEAPPLE UPSIDE DOWN QUIZ" page 6

To make 2 glasses of Piña Colada you need:

[4] ounces cream of coconut

[8] ounces of pineapple juice

4 ounces = [½] cup

[8] ounces = 1 cup

"MEASURING UP" page 12

A. Since 3 teaspoons equal 1 Tablespoon, then 6 teaspoons equal 2 Tablespoons. Use your teaspoon 6 times.

B. To measure 4 Tablespoons of butter, cut one stick of butter in half.

COOKING TERMS

Bake	Cook in oven
Beat	Mix vigorously, over and over with a spoon or fork, or round and round with a beater
Blend	Combine two or more ingredients well
Boil	Cook in liquid so hot that it bubbles and keeps on bubbling
Chill	Keep food in the refrigerator until very cold (at least half an hour)
Chop	Cut in small pieces with a knife
Combine	Mix together
Dice	Cut in very small, ¼-inch squares
Dot	Drop bits of butter or cheese here and there over food
Drain	Pour off liquid; to let extra water or oil drip from the food. (Paper towels or napkins are the best way to drain fried foods)
Grease	Spread bottom and sides of pan with butter or oil to keep the food from sticking
Ingredients	The foods we use when preparing a recipe
Juicer	The utensil that is used to squeeze juice from foods
Melt	Solid that turns to liquid when heated
Peel	Take the skin off a vegetable or fruit
Preparation	The different steps we take when we cook a recipe
Simmer	Cook over very low heat, so food or liquid is boiling, but not hot enough to bubble
Slotted spoon	A spoon with holes in it that is used to drain food
Soak	Keep an ingredient in water for a period of time
Stir	Mix round and round with a spoon or fork
Utensils	The objects we use when cooking